

Sater - Int. 2809 or Flanagan - Int. 2879



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release AUGUST 31, 1959

FOR FOOD EDITORS

INTERIOR RELEASES NEW BOOKLET ON COOKING SCALLOPS

One of the most highly prized and sought-after inhabitants of deep ocean waters--the scallop--is the subject of a new fish-cookery publication recently issued by the Department of the Interior's Bureau of Commercial Fisheries.

The official release of How to Cook Scallops was timed by the Bureau to coincide with the "Scallop Festival" held in the old whaling port of New Bedford, Mass., on August 7 and 8. Some 16,000 persons were served scallop dinners during the two-day affair. New Bedford is the port where 80 percent of all sea scallops taken in this country are landed.

How to Cook Scallops contains 39 choice recipes which have been developed and kitchen-tested by the Bureau's staff of home economists. It is generously illustrated.

Inasmuch as scallops are marketed in the form of dressed meat, many people do not know that they are a shellfish--a mollusk possessing two shells, similar to oysters or clams.

The scallop moves around in the water by actively snapping its shells together. This shell-snapping results in the development of an oversized muscle called the "adductor muscle." This excellently flavored muscle is the only part of the scallop eaten by Americans. Europeans, however, eat the entire scallop.

There are two varieties of scallops--the large sea scallop and the smaller bay scallop. The sea scallop is taken from the deep waters off the northern and middle Atlantic States. The bay scallop is taken from inshore bays and estuaries from New England to the Gulf of Mexico and in the Pacific Northwest.

Scallops, according to the new booklet, are marketed all year but are at their best when taken from November to April. Fresh scallops are a light cream color, sometimes varying to a delicate pink. Scallops are available fresh or frozen, but only in the form of dressed meat, as the scallops are opened, packed, and iced at sea. Fresh scallops and frozen scallops when thawed, should have a sweetish odor. When bought in packages, they should be practically free of liquid.

Both the sea and the bay scallop have a lean, light, firm meat and a sweet flavor. Both contain high levels of well-balanced protein, very little fat, and many of the minerals and vitamins so necessary for the good health of the homemaker's family.

How to Cook Scallops is listed as No. 13 in the Test Kitchen Series of fish-cookery publications. It may be purchased for 20 cents from the Superintendent of Documents, Government Printing Office, Washington 25, D. C. Earlier booklets in this series such as How to Cook Oysters, How to Cook Salmon, How to Cook Clams, How to Cook Halibut, How to Cook Crabs, How to Cook Lobsters, and How to Cook Tuna may also be obtained for 20 cents apiece from the Superintendent of Documents.

X X X